

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

OCTOBER 2018

Vol. VIII Issue X

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

 [Cincinnati Health Department](#)

 [@CinciHealthDept](#)

 [@cinci_healthdept](#)



Flu Prevention Strategies to Keep You Well



Every Fall, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system an extra boost to prevent influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infects the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. A vaccination can reduce flu illnesses, doctors' visits,

missed work due to flu, as well as prevent flu-related hospitalizations.

Some people, particularly older people, young children, pregnant women and people with certain chronic health conditions like asthma, diabetes, heart and lung disease, are at high risk for serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Vaccination of pregnant women not only reduces their risk of illness, but also will also provide some protection for her baby. For people at high risk, getting the flu can mean developing serious flu-related complications or a worsening of existing health conditions. Adults 65 and older, and others at high risk should also receive vaccination to prevent pneumococcal pneumonia.

The best way to prevent the flu is by getting vaccinated each year. "You need an annual vaccination because flu viruses are always changing, and the vaccine is updated each year to better match circulating influenza viruses," stated Steve Engler, MD, MPH, Director of The Center for Public Health Preparedness, CHD. "Immune protection from vaccination declines over time so vaccination is recommended every season for the best protection against the flu viruses for that year."

Now is a good time to get vaccinated as it takes about two weeks after vaccination for the immune system to build the antibodies your body needs in order for protection to set in. In the United States, flu activity is usually highest between December and February and can last as late as May.

Continued on page 3 ...



Be wise, and immunize!

From day one, you make daily decisions to protect your child and one of those decisions includes vaccination. So, the question “**Why immunize?**” is a good one. Immunizations are the number one public health achievement of the last century, saving millions of lives and preventing illness and lifelong disability in millions more. Many childhood diseases now preventable by vaccines often resulted in hospitalization, death or lifelong consequences only a few decades ago. Without immunizations, serious outbreaks of many of the diseases we are now protected from can reoccur.

As a parent, you want to give your child a healthy start in life. Getting your child the recommended immunizations is one of your first big parental decisions.

No parent wants to see their child sick. Save your days off for vacations and time with family. Vaccine preventable diseases can cause your child to be sick for many days or even weeks. Sometimes the medical bills that follow disease can also be devastating. The few moments it takes for your child to get that shot protects him or her and the family.

When you vaccinate your child, you protect someone else's child. When you vaccinate yourself, you protect your senior parents. When your family is vaccinated, you protect your neighbors. It is called *Community Immunity* or *Herd Immunity*. There are children and adults that can not receive vaccines or have immune systems that do not respond well to vaccination. When you vaccinate yourself and your family, you are protecting others as well.

**Events & Shout Outs!**

Tuesdays and Fridays in October — Walk Aerobic Classes, 12:00 p.m.—1:00 p.m., CHD, 3101 Burnet Avenue, Delores L. Bowen Auditorium

Tuesday, October 2; 7:30 a.m.- 9:00 a.m. — Employee Flu Shots, 3101 Burnet Avenue, Room 210

Saturday, October 6 — Avondale Feet in the Street: Health Screenings 7:00 a.m.—12 p.m., 5K Run/Wellness Walk 9:00 a.m., Finish Line Celebration 10:00 a.m.; Lincoln Park (3495 Reading Road; Rockdale and Reading)

Tuesday, October 16, at 10:00 a.m. — Academy of World Languages Health Hub, Ribbon Cutting/Grand Opening; 2030 Fairfax Avenue (off Dana Avenue exit on I-71 in Obryonville/Evanston area)

Sunday, October 21, from 3:00—7:00 p.m. — It's a Great Day to be a Dad; Cincinnati Reds Urban Youth Academy, 2026 E. Seymour Av.

Monday, October, 22, from 8:30 a.m. — 4:00 p.m. Community Asthma Conference; St. Elizabeth Training & Education Center, 3861 Olympic Boulevard, Erlanger, KY 41018 (Former METS Center)

Tuesday, October 23, at 5:30 p.m.— Mayor John Cranley's State of the City Address, Cincinnati Music Hall located at 1241 Elm Street

Tuesday, October 30, from 6:00—8:00 p.m. — Cincinnati Health Department Monthly Board of Health Meeting, 3101 Burnet Avenue

**October Is National Breast Cancer Awareness Month**

This October, the Cincinnati Health Department is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. The good news is that many women can survive breast cancer if it's found and treated early. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

...Continued from page 1

Flu Prevention Strategies to Keep You Well

Remember, it's easy to catch the flu. When a sick person sneezes or coughs near you, they send out a spray of virus-laden droplets straight to your open mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.



In addition, you may easily pass on the flu to someone else before you even realize that you are sick, as well as while you are sick. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

If you want your immune system to be in good enough shape to fight off the flu and other germs, you need to stay healthy. That means get a flu shot, wash your hands frequently, eat a balanced diet, exercise at least 4 days a week and get 7 to 9 hours of sleep a night.

Little known food safety fact

The 650,000 visitors participating in Oktoberfest Zinzinnati 2016 enjoyed a food and fun-filled weekend protected by the Cincinnati Health Department. It's a known fact the CHD checks food vendors at community events to make sure that food is safely stored and prepared.

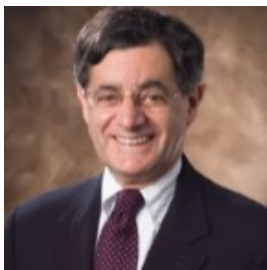
What's lesser known are the precautions, the department takes to make sure large food-focused events like Oktoberfest, Taste of Cincinnati and neighborhood festivals are not overrun with vermin through various pest control measures.

In addition to making sure water is available for cleaning and trash is disposed of away from food prep areas by the Food Inspection Unit. The staff inspects each booth, each day to ensure food served is safe. CHD Sanitarians look for: proper booth set up, cleaning and sanitizing practices, food handling practices; and Sanitarians take food and equipment temperatures. Nearby sewer grates are treated by the Technical Environmental Services Unit to make sure no 'uninvited guests' emerge to spoil the fun. Last year, 106 events served food, and through September there have been 67 events.



Your vote November 6th can make a difference not only in Ohio, but also in the United States.

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

The Affordable Care Act (ObamaCare) is in danger of being dismantled and you, your family, and loved ones could lose healthcare coverage, and the ability to prevent disease and stay healthy. If changes to or the dismantling of the ACA is successful, your pre-existing conditions will no longer be covered. This also means that healthcare costs will skyrocket!

Your children and grandchildren will lose their health care because of the increasing cuts in the Children Health Insurance Program (CHIP).

Women's Health Care and their choices they elect to keep them healthy, is at RISK of being eliminated through cuts in Medicaid, Affordable Care Act and changes in the Supreme Court.

If you are using a Federally Qualified Health Center, (FQHCs- Cincinnati Health Department), as your primary place for receiving health care, those facilities are facing drastic cuts in the services provided. Access to quality health is at risk.

Voting is a constitutional right and privilege that Americans fought to have. It's best to make use of that right while you still can.

National Lead Poisoning Prevention Week

Hundreds of thousands of children living in the United States have elevated blood lead levels that may cause significant damage to their health. They can develop behavior and learning problems (such as hyperactivity), slowed growth, hearing problems, and aggressive patterns of behavior. Stopping a child's exposure to lead from leaded paint, house dust, or any other source is the best way to prevent the harmful effects of lead.

To raise awareness of the consequences of lead poisoning among parents and pregnant women who live in homes built before 1978, the CHD is participating in National Lead Poisoning Prevention Week (NLPPW) October 23-29. The Cincinnati Health Department joins the Centers for Disease Control and Prevention, the U.S. Environmental Protection Agency, and the U.S. Department of Housing and Urban Development in encouraging parents to learn more about how to prevent lead poisoning.



This year's NLPPW theme, "Lead-Free Kids for a Healthy Future," underscores the importance of testing your home, testing your child, learning about drinking water, and learning how to prevent lead poisoning's serious health effects.

Established in 1999 by the US Senate, National Lead Poisoning Prevention Week occurs every year during the last week in October. During this week, many states and communities offer free blood-lead testing and conduct various education and awareness events.

If your child is 6 years old or under, Ohio law requires that he/she must be tested for lead. Lead poisoning can lead to a variety of health problems in children since it primarily affects the brain and the central nervous system. The Cincinnati Health Department offers free testing of lead levels for children who are 6 years old or younger. Get your child tested for lead today! You may contact any of the Health Department Centers for a free lead test.

GCWW Participates in Imagine a Day Without Water Campaign

Most of us take the water system that brings clean water to our homes and businesses for granted. We turn on the tap without thinking twice about where that water came from.



A Service of The City of Cincinnati

GREATER CINCINNATI
WATER WORKS

What would you do without the safe, reliable water service you know and love so well? What does a day without water mean to you? What do you think about when you "Imagine a Day without Water?"

This month, Greater Cincinnati Water Works (GCWW) is participating in the fourth-annual "Imagine a Day Without Water" Campaign -- a nationwide day of education and advocacy about the value of water. Led by the Value of Water Campaign (#ValueWater), hundreds of organizations across the country will host events and spearhead projects aimed at raising awareness.

In addition to the Mayoral Proclamation, which will be presented before today's City Council meeting; we ask Cincinnatians to tell us what a day without water means to you?

- Sign our poster, located in City Hall
- Share on our FB and Twitter Social media sites @CincinnatiWater – use #ValueWater
- Use our commemorative SnapChat filter -- available from 7:00 a.m. to 6:00 p.m. at the following locations:
 - GCWW Lobby & offices (4747 Spring Grove Ave.)
 - GCWW RMTF Museum & treatment facility (5651 Kellogg Ave.)
 - City Hall/Centennial 2 (801 Plum Street and Central Ave.)

Halloween safety tips

Happy Halloween! Autumn is upon us and Halloween is quickly approaching! Halloween and other fall celebrations are fun times for both adults and children to dress up, have fun at parties and enjoy delicious treats. While enjoying these celebrations, remember to stay safe and healthy this season. Keep these tips in mind for a fantastic Halloween:

Tips Trick or Treaters

- Costume accessories, including swords and knives should be short, soft and flexible
- Always trick-or-treat in groups or with a trusted adult
- Examine treats for choking hazards and tampering
- Limit the number of treats you eat
- Only visit well-lit houses
- Wear reflective tape and carry flashlights to help cars see you
- Stay on sidewalks
- Look both ways before crossing the street and
- Always remember to walk, not run



Tips for Drivers

- Avoid using handheld electronic devices.
- Remember that as soon as you step out of your car, you become a pedestrian.
- If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.
- Be especially alert for all road users, including pedestrians, at night.
- Slow down in areas where pedestrians are likely to be or where sight distances are limited. Keep your windshield clean

With these tips, you're sure to have a fun, safe and healthy Halloween season!

October is National Depression Awareness Month

Depression is a serious medical illness and an important public health issue. Depression is characterized by persistent sadness and sometimes irritability (particularly in children) and is one of the leading causes of disease or injury worldwide for both men and women. Depression can cause suffering for depressed individuals and can also have negative effects on their families and the communities in which they live.

If you're feeling depressed follow these natural ways to boost your mood:

- **Exercise.** 20 minutes of moderate activity can have positive effects on your mood for up to 12 hours. Even a 10 minute walk can make a difference. All you have to do is go outside, walk in one direction for five minutes. Then turn around and walk back. It's that easy.
- **Volunteer.** Researchers find that people who volunteer have lower rates of depression, and report higher levels of overall wellbeing
- **Meditate.** Studies show that meditation helps to reduce symptoms of depression and anxiety and increases compassion.
- **Keep a Gratitude Journal.** Researchers at UC Davis found that people who wrote down three things for which they were grateful every day, reported feeling more optimistic and satisfied. They also reported fewer physical symptoms.
- **Eat a healthy diet.** Eating a balanced diet of whole foods may help you avoid the dips in blood sugar that can affect your mood.
- **Avoid refined carbohydrates.** Candy, soda and white flour causes spikes in blood sugar that negatively affect your energy and mood.
- **Try to eat and sleep at regular times.** Consistency can help to relieve stress and boost health.



Understanding HPV and preventing cancer

Human papillomavirus (HPV) is the most common sexually transmitted infection (STI) with nearly 80 million people – about one in four – are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year. Every year in the United States, HPV causes 33,700 cancers in men and women. HPV vaccination can prevent most of the cancers (about 31,200) from ever developing.

HPV is a group of more than 200 related viruses, of which more than 40 are spread through direct sexual contact. Among these, several HPV types cause genital warts, and about a dozen HPV types can cause certain types of cancer—cervical, anal, oropharyngeal, penile, vulvar, and vaginal.

Most people with HPV never develop symptoms or health problems. Most HPV infections (9 out of 10) go away by themselves within two years. But, sometimes, HPV infections will last longer, and can cause certain cancers and other diseases. HPV infection can cause:

- Cancers of the cervix, vagina, and vulva in women;
- Cancers of the penis in men; and
- Cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men.

Because many people with HPV don't develop any symptoms they can easily infect others through sexual contact. Symptoms may include warts on the genitals or surrounding skin.

There's no cure for the virus and warts may go away on their own. Treatment focuses on removing the warts. A vaccine that prevents the HPV strains most likely to cause genital warts and cervical cancer is recommended for boys and girls.

The Centers for Disease Control and Prevention (CDC) recommends that individuals in the following groups are immunized with Gardasil 9 to prevent development and spread of the virus:

- All children aged 11 or 12 years should get two HPV vaccine shots 6 to 12 months apart. If the two shots are given less than 5 months apart, a third shot will be needed. There could be future changes in recommendation on dosing.
- HPV vaccine is recommended for young women through age 26, and young men through age 21.
- Adolescents who get their first dose at age 15 or older need three doses of vaccine given over 6 months.
- Persons who have completed a valid series with any HPV vaccine do not need any additional doses.

Additional guidance for specific populations, such as immunocompromised individuals (including those with HIV), men who have sex with men, and pregnant women, can be found on the CDC website at <https://www.cdc.gov/hpv/parents/vaccine.html>.



Do you follow CHD on social media?

If not, be sure to like and follow:



Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>
 Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>
 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>